

AVP SYDNEY BASIC WORKSHOP AGENDA

22 & 29 August 2015

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Date(s): Sat 22 – Sat 29 April 2015
Venue: STARTTS Training Room, Auburn
Times: 8:30am – 6:30pm
Facilitators: Ken, Katherine, Malcolm, Patricia, Zahra
Support Persons: Adriana, Malcolm
Report by Katherine

ISSUES FOR CONSIDERATION

Workshop Summary

This was a very small workshop with six participants who became five on the second day when one participant was sick. The big team of five participated well and enabled this small workshop to be successful. The feedback forms were all very positive listing very powerful learning and all workshop graduates have booked for either the next Advanced workshop or a later workshop.

Feedback by Participants

- Overall – 5 excellent
- Content – 5 excellent
- Process – 4 excellent, 1 good
- Facilitation – 5 excellent

Recommendations for Workshop Learning

- Having Progressive Pairs as the first activity on the Session One Agenda provides participants with a safe place to start to get to know each other and build community. It was the added value of providing a space for the Facilitators to ring anyone who is late and decide when to start. The workshop should still be started on time and all the participants who arrived on time thanked and the concern about anyone who is late and the impact of the latecomers on the workshop can still be shared with the participants. This issue of arriving on time for the second day should be shared with the participants in the “U Choose” activity
- Having the Stand By Your Key activity as the closing for the first day and the Gathering including “How I used my chosen key over the last week” is successful as it provides a framework for the participants to consider the keys and how they can be practically used in their lives in the week between Day One and Day Two
- Having one full roll play activity in a small workshop, if the group is safe enough. One roll play can work well, enough though two roll plays work better as they provide everyone with the opportunity to learn as they watch a roll play
- Having the new concise Where To From Here handout enables everyone to see the range of options for workshop graduates in a short time-frame

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WORKSHOP AGENDA

Day 1 - Session 1 Affirmation & Community Building

1. Ke Progressive Pairs
Good idea for the participants to start to get to know each other before the workshop started formally and while we tried to contact those who had not turned up
2. Ke Welcome & Introductions
3. P ~~Pipecleaners~~
We forgot to put this activity on the agenda
3. M Connection My name & an activity I enjoy is
4. Ka Agenda (with Building Blocks)
5. Z Positive Names
Important that the facilitator uses a positive name that starts with the same sound as their first name, otherwise this can be very confusing
6. all What is this Workshop - history Ke, philosophy M, journey P, housekeeping M
7. P Lift Big Wind Blows
8. M Safety Circle
9. Ke Face 2 Face or Affirmation Pairs
10. Ka ~~Let's Build~~
10. Ka Paper Tear
This activity worked better in the long first session to provide enough 'experience' before U Choose. Let's Build would have been too long
11. M/P Reflection
12. Ke U Choose!!!!
13. Z Closing: Something I bring to this workshop + Pyramid

Session 2 Affirmation & Communication

1. P Welcome Back! ~~& Clapping~~
2. Z Connection: A place I like to be
3. Z Agenda
4. Ke Let's Build
5. Ke Buddies
This activity worked really well while several participants went to the team preparation room to pray at 12 noon. We will use this activity also at 12 noon on the second day at prayer time
6. M Lift: Pattern Ball
7. Ka/P Puzzling
- 7a. Ke Lift: Shake Rattle & Roll
Puzzling took a long time to do and to debrief and the group needed a good shake up type lift. This one worked very well
8. M ~~Concentric Circles~~
9. Z Reflection
10. Ke Closing: Energy Hands

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Session 3 Communication & Community Building

1. Welcome again!
2. Connection: My name & why I was given my name
3. Agenda
4. M Concentric Circles
5. Ke Crossing the River
Team discussion after Puzzling that this group would benefit from Crossing the River. Each of the teams was given only three pieces of paper to use to cross the river. They formed one team very early and crossed the river using all six pieces of paper
6. PKeKa Violence Nonviolence Trees
7. Lift: Here I Sit
8. ~~Back to Back Drawing~~
9. ~~A Problem I Solved Nonviolently~~
10. ~~Keys To Transforming Power~~
11. Closing: Well done

Session 4 Communication & Cooperation

1. Welcome Back!
2. Agenda
3. ZKa A Problem I Solved Nonviolently
4. Ke Keys To Transforming Power
5. ~~Lift: Limbo Line~~
6. Lift: Earthquake
6. Reflection Continuum
7. Closing: Stand by your Key & ~~Buddies~~
This closing enables participants to have "homework" in the week between Day One and Day Two of the workshop
8. ~~Closing: Koala Hug~~

Day 2 Session 5

1. Z Morning Stretch
2. Z Agenda
3.Ke Connection: My name & how I deal with anger and how I used my key in the last week
All participants were able to say how they had used their chosen key in the week between Day One and Day Two of the workshop
4. PM Transforming Power Pictures & Intro to Transforming Power Queries
The Queries were briefly introduced. This worked well in this workshop. Each participant received a copy of the Queries in the Graduation package
5. M Inside Outside
6.Ka ~~Lift: Limbo Line~~ Satellites
7. Z Underlying Anger
8. Ke Session Reflection
8. P Close: Well Done

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Session 6

1. P Welcome again!
2. Z Connection: My name & a relationship I would like to heal
3. M Agenda
4. Ka Green and Red
Recommend adding in a brief I-message part
- 5 M Lift: Wha'cha Doin'
Recommend doing this twice around the circle in a smaller group to get participants more in the mood for roll play. One variation is to go in the reverse order the second time around the circle
- 6 P Theatre Group
- 7 Ke Roll Play
One roll play was successful for this group. They chose a powerful topic of domestic violence.
- 7 P Lift: No Ball
8. Reflection
9. P Closing: The Machine?

Session 7

1. Welcome again
2. Z Connection: My name & a gift my culture gives me
3. Z Agenda
4. Ke Power Grab
5. Ka Lift: Limbo Line
6. M Guided Reflection
Add copies of 2 or more Guided Reflections to supplementary learning activities
7. ZKa Imagine a Community
- 8 ~~Reflection~~
- 9 P Closing: Clapping
Clap with 1 finger against palm, increase to 2 fingers to 5 and back to 1 worked very well as a closing

Last Session

1. Ke Welcome – 1-10 &
- 2 Ka My name & my emotional weather forecast
3. Z Agenda
4. Ke Building Blocks and Unanswered Questions
- 5 MKa Workshop Evaluation & Contact Forms
6. Ke Where to from Here?
The new Where To From Here handout worked well. It is concise and informative
7. Z Ungathering: My name, something I am taking away from this workshop and how I will look after my learning
8. all Graduation
9. P Web

COMMUNITY CLEAN UP